

LOW EMR LIFESTYLE – ACTION PLAN

Today's marketplace is flooded with supplements and herbal formulas claiming to boost our immune system, keep us younger, help with disease, etc. It's difficult to sort true the marketing scams and fake supplements. I hope that with the information in this book you can find the right supplements and implement the advice on food strategies and therapeutic modalities to keep toxemia in check, neutralize excess free radicals and systemic inflammation, optimize our immune system, become bullet proof against pathogens and diseases, limit EMR exposure and damage, and repair DNA damage.

I'll start this chapter with a brief overview that summarizes the important things to remember so you can make the right choices when it comes to your health. Then, because your head may be spinning with the countless nutrients, strategies, and therapies discussed in this book, I will give you an example of how to incorporate this information with a general action plan, a simple day-to-day action plan to optimize immunity, and a specific action plan to successfully incorporate a low EMR lifestyle.

We learned that toxemia is the cause of all disease and that the accumulation of toxins in our body causes free radical damage and systemic inflammation.

Even according to conventional medicine, systemic inflammation is the cause of over 90% of all diseases.

Systemic inflammation is a constant state of emergency that causes our immune system to be overactive and eventually be compromised.

To regain control of our health we need to reverse toxemia and abolish this systemic inflammation. We can do that by decreasing the exposure and ingestion of toxins and simultaneously increasing the ingestion of

nutrients that fight free radical damage and systemic inflammation.

□ We can conduct a simple blood test and measure C-RP levels (an indicator of inflammation in your body) prior to starting this program and re-do the test after changing our lifestyle and dietary habits. You will objectively notice that, even within 60-90 days, our levels will have normalized, the systemic inflammation is abolished and the risk for any disease is drastically declined. We will have more energy and vitality and feel much better.

When your inflammation is gone, your immune system can recover. With the strategies in this book and the action plan below, your immune system will become stronger than ever, and we will be bullet proof against viruses, pathogens, and most known diseases. In addition, we will limit exposure to toxins and EMR, and optimize our innate DNA repair system.

The action plans below include check-off boxes for each item to be completed or implemented. It's not necessary to complete the items in the order they are listed. Some people complete the action plans in just a few weeks while others may take much longer. Go

at your own pace and implement more items as you can afford them. Check off the boxes as you complete them. Just do it! Be persistent! It will be worth it!

GENERAL ACTION PLAN

The best way to regain control of your health is to implement my 5 C.L.E.A.N. Living principles which you can review in detail in my book "Health 4 Life – User Manual". You may also download a Health 4 Life Workshop pdf. file for free on my Resources page at MVTonline.com.

Here is a summary of the C.L.E.A.N. Living principles:

C = Control emotions and feelings

L = Listen to the warning signs of our body

E = Enough rest, sleep, and sunshine

A = Active lifestyle

N = Natural and clean air, water, and food

Control Emotions and Feelings

Addressing your body's physical needs is a clear-cut task. Controlling stress and emotions

is a more challenging task since it requires mental perseverance and input to achieve the proposed inner peace.

Inner peace begins the moment you choose not to allow another person or event to control your emotions. And this task is very obtainable since humans have the power to choose their response.

- We need to acknowledge that our daily stresses and negative emotions have a detrimental effect on our health.
- Chapter 6 (6.5) in this book gives you the knowledge and skills you need to control your emotions and feelings. In addition, there are various holistic mind healing strategies you should explore. Find the ones that work for you and you are comfortable with.

Listen to the warning signs of your body

Our body tells us exactly what to do in certain situations, if only we would listen.

If the body needs rest, we will feel tired and sleepy so we should rest; instead, we tend to stay up and watch the end of our movie.

If we aren't hungry but the smell or view or thought of some yummy food crosses our senses, we tend to indulge even when we are not hungry.

When we are sick and we don't have an appetite, our body tells us to refrain from food so it can fight the pathogen and doesn't need to waste energy on digestive efforts; yet we are told to eat to keep up our strength.

When we are in pain, our body tells us to stop doing whatever it is that causes the pain; yet again we usually ignore these signs.

Listening to what our body tells us requires a conscious effort. My Health 4 Life action plan teaches you to get back in tune with the warning signs of your body.

□ During the next entire week, record all the things your body is telling you and record what your USUAL response would be and what your ACTUAL response should be. Here are some more examples:

My stomach feels full but I'm going to eat that delicious dessert anyway.

My friend offers me a drink while I am not thirsty.

There are donuts in the lunchroom at work so I may as well eat one.

I'm tired but I want to watch the end of this football game.

I'm exhausted but I'm going to the gym anyway because I need to lose weight.

I eat breakfast because my doctor says it's the most important meal of the day.

My boss stresses me out and I'm in fear of getting fired all the time.

Every time I worry about something, I get diarrhea and feel dizzy.

I feel lonely and eat for comfort.

I have back pain, but I need to clean my house regardless.

I have a headache, so I'll lie down in the couch and watch a movie.

I'm constipated and I'm going to eat a pulled pork (acidic meat) sandwich (white bread or enriched flour).

I'm tired so I'll drink a red bull or coffee (both depressants).

I'm running a fever, so I'll take some ibuprofen or Tylenol.

I'm sick so I'll take some medicine and eat to stay strong.

Enough rest, sleep, and sunshine

We learned about the vital importance of rest, sleep, and light. Here are some ideas and strategies you can start implementing immediately:

- Record sleeping and rest habits (time of day, length, quality, reasons for disturbed or incomplete sleep). Write a 1-page essay on whether you think you get enough rest and sleep and explain WHY. HOW can you make practical changes to assure enough rest and sleep?
- Make a list of the improvements you can make to assure a better QUALITY of sleep (e.g. the time when you go to bed, activities prior to going to bed, overstimulation such as noise and light, emotions such as worrying, and EMR sources).

Some things you can do to get more exposure to sunlight (not heat):

- Lighter or limited clothing as much as possible (especially inside the house and your

backyard), T-shirts versus long sleeved shirts and shorts versus pants, etc.

- Schedule more outdoor activities: go for walks, go outdoors for lunch or dinner, sit on your front porch, go read outside, listen to music outside, work on your laptop outside versus at your desk inside, make your phone calls outside, etc.
- Open doors and windows and allow sunlight to enter, open the sunroof, etc.
- Remove sunglasses and hats.

Active lifestyle

Remember that it's not necessary to engage in sports or organized exercise classes to achieve an optimal activity level.

Movement is key because movement stimulates circulation and oxygenation which promotes the health of every cell in our body. Movement is also vital to optimize our lymph flow and keep our immune system strong.

- Write down a list of activities you would love to do and/or learn. You can think about activities you can do by yourself, or activities you can do with your family and/or friends.

Outdoor activities would be the best choice of course (fresh air and sunlight). Implement 2 new activities within the next 2 weeks. Activities could be as simple as taking a walk during lunch, riding the bike to work or to the store, playing ball with the kids or the dog, joining your first yoga class (you should encourage your yoga instructor to offer outdoor classes), learning a new dance, taking the family on a hike or nature trail, or planning a canoe trip, etc.

□ Avoid sitting down for long periods of time. Take your phone calls while walking around, do some squats while working at a desk and/or consider a standing workstation, schedule regular breaks and walk outside, perform deep breathing exercises and do ankle pumps and upper body movements when you can, replace watching the fake news with a walk in the neighborhood and a jump in your pool, etc.

Natural and clean air, water, and food

We need to turn our poor eating habits in some healthy ones.

□ We need to replace man-made foods with natural, wholesome fruits and vegetables.

□ We need to avoid meats and processed meats, dairy, GMO's, salt and condiments, enriched flours, refined sugars, and hydrogenated oils. We need to implement more organic, wholesome fruits and vegetables, fermented foods, mushrooms, roots (beet, ginger, turmeric etc.), bee products, and healthy oils.

□ We need to replace sodas, coffee, milk, and juices with pure, alkaline water. We need to expose ourselves to more clean air and do everything we can to avoid the inhalation of polluted air. We need to learn the basics of proper eating, including food combining practices and the alkaline food model. We need to select the RIGHT supplements that can assist us in avoiding toxemia and obtaining optimal health.

To reduce the onslaught of toxins, we also need to make a conscious effort to limit the exposure to them, especially in our own house.

□ Replace your poisonous cleaning products, beauty products, hygiene products including toothpaste and mouthwash, utensils, and cook ware, fabrics etc. with natural alternatives. Do what it takes to limit EMR exposure in the house.

□ Limit the use of soaps (I only use soap in the shower when I am dirty; otherwise, I just rinse) and hand soaps, Clorox wipes, etc. Expose yourself to bacteria and your immune system will get stronger for it. Get dirty with your kids and play in the mud or sand, pet those animals and stop worrying about things you shouldn't worry about.

The saying "you are what you eat" is partially right, but we need to incorporate the other principles of C.L.E.A.N Living also.

Also remember that health starts upon conception, so getting your children in the right habits early on is very important. However, it's never too late to regain control of your health. While you are alive and kicking, your body will continue to strive for perfect health, no matter what!

EXAMPLE ACTION PLAN TO OPTIMIZE YOUR IMMUNE SYSTEM

I strongly suggest you customize this example to incorporate your personal preferences when it comes to food choices, etc.

Make your personalized action plan a habit by diligently following it daily. However, I also

recommend that you not always stick with the same exact vegetables and fruits and juicing recipes and supplements, but that you replace them and rotate them regularly as to get a variety. All organic, wholesome foods are beneficial but if you always consume the exact same ones, you still run the risk of certain micro-nutrient deficiencies. So, shop for different vegetables and fruits and experiment, especially when you juice them.

- Eat a variety of fermented foods (keep sauerkraut, kimchi, miso, spirulina, chlorella in your fridge) and drink a glass of kombucha daily. If you dislike them, you can take a probiotic supplement.

- Eat a handful of mushrooms daily. I suggest a mushroom blend. Eat a handful daily or use in a salad or drop some in a hot drink. A supplement powder is an easy alternative.

- Keep bee products (raw, organic honey, bee pollen, royal jelly and/or propolis) in your pantry and have a few teaspoons daily. You can also use them as a sweetener.

- Use some organic oils daily, for example take a dropperful of oregano oil and use virgin olive oil or avocado oil on salads.

- Put several drops of Thieves oil in an essential oil diffuser and use in your home, bedroom or office.
- Start juicing. Purchase a cold-pressed juicer, mason jars, and a food saver (to suck air out of the mason jars) and make a batch of organic, fresh vegetable juice twice/week. My two favorite recipes are: (1) Cucumber, celery, spinach, green apples, ginger (root) and organic lemon juice; and (2) Kale, parsley, red beets, carrots, lemon (with zest) and ginger (root).
- Get extra fiber by eating some organic apples (with peel) and prunes, or fiber-rich vegetables.
- Start with a daily 16-hour fast: eat early dinner and skip breakfast (least important meal of the day). Juice mid/late morning and eat a healthy, light lunch.
- Drink more water. Make sure to get purified, alkaline water. I have a system under my sink that removes toxins and heavy metals from the tap water and infuses it with magnesium. Fill glass bottles or stainless-steel containers with water and cool in fridge.
- Don't sit still. Movement is key throughout the day.

- Use a mini-trampoline or vibration platform at least 10min/day and/or perform full body Qigong.
- Learn to meditate. If you are a novice, download some guided meditations (I suggest Dr. Joe Dispenza) and practice daily (get up 30 minutes earlier than usual and if you need your sleep, just go to bed earlier). Incorporate deep, diaphragmatic breathing.
- Use an IR-sauna once or twice per week (40min) and/or get red light therapy.
- Get a massage once a week, or regularly.
- Use fluoride-free toothpaste and stop using mouthwash.
- Get a monthly infusion of vitamins and minerals. You can add glutathione, NAD+ and other nutrients to the mix.
- Get a quarterly high dose (30,000 – 50,000mg) of vitamin C infusion.
- Practice one or more of the mind healing strategies daily (yoga, visualization, gratitude journaling etc.).
- Select a few potent immune-boosting supplements and take them daily, Change up your supplements quarterly. I am currently

taking Vitamin C, D, Zinc, curcumin, echinacea, adaptogens, magnesium, omega 3, NAC, L-arginine and astragalus. You may visit my Full Script page (scroll down to the bottom of my homepage at MVTonline.com) and make an account. You can review the medical grade supplements I recommend under my "Favorites" or browse the catalog. Commissions I make on supplements or books go to charity.

When you feel sluggish or sick or weak:

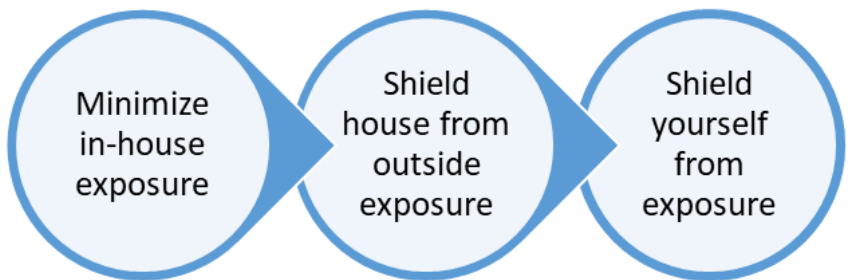
- Continue the strategies above.
- Sip on elderberry juice or use the tincture, at least 3x/day.
- Take natural vitamin C: start with 3-4000mg initially and take 1000mg every hour until you feel better.
- Take vitamin D (min. 5000 IU)
- Take selenium (400 mcg).
- Take more echinacea.
- Take zinc lozenges.
- Take Andrographis or adaptogens.
- Drink more water.

- Rest and refrain from food.

Customize my plan and make it your own. Write it down. Make a list of what you need and purchase it. Do not procrastinate. Contact me with questions. Just do it. You will regain control of your health and feel better than ever. You will absolutely love it!

LOW EMR LIFESTYLE ACTION PLAN

Check my website (Resources page) or my APP "Biohacking Unlimited" for links to recommended resources, products, and supplements.



- Purchase 1 or more meters to assess RF sources and magnetic fields in your house or hire a professional.

Phones:

- When not making a call or when carrying our phone around in our pocket, turn off Wi-Fi, Bluetooth, and near-field communications (NFC), and turn on airplane mode.
- One of the absolute worst things we can do is sleep with our phone. There is no doubt that this bad habit will cause neurodegeneration and increases the risk of brain cancer. Turn off Wi-Fi, Bluetooth, and NFC, and turn on airplane mode. Even better, power your phone off or keep it outside of your bedroom.
- If you use your phone as an alarm clock, stop doing it. I recommend a talking clock. These clocks have no light and don't interfere with your sleep.
- Do not charge your phone with a wireless device; use a standard plug-in charger and keep it as far away from your bed or body as you can.
- Do not make calls or use your phone when the signal is weak because research shows

that smart phones emit 10000 times more radiation with poor connectivity. Wait until you have full bars.

- Always use speakerphone to increase distance between phone and body.
- When walking, moving, or driving, the phone will emit more radiation to stay in connection with the cell phone tower. Use the phone when still.
- When in your car or other form of transportation, not only are you moving but the metal reflects and therefore intensifies the radiation.
- It's better not to use your smartphone to listen to podcasts or music, unless you download these, so you do not have to connect to a network.
- If you need to check emails and you are home, don't use your phone. Instead use a computer with a wired Ethernet connection.
- Always unplug chargers from the wall outlets when not in use. While charging, do so as far away from your body as possible (not next to your bed when sleeping) and put the phone in airplane mode (at least at night). Ideally, use

battery-operated power banks to charge phones and other devices.

- Smart parents would not give their children a smart phone until at least 8th grade. Visit waituntil8th.org for more info.
- It may be a good idea to use a home phone again, a landline or VoIP with a wired internet connection. Never use cordless phones. Domestic calls are free.

Computers and Wi-Fi

- Run hard-wired Ethernet cables from your modem and router to your computer(s) and laptop(s). Alternatively, a professional can install Ethernet wires in your walls for a cleaner look.
- Since most laptops no longer have an Ethernet port, you may need to purchase an adaptor that fits into your laptop port.
- To avoid electrical fields, use a grounded Cat7 Ethernet cable with metal ends and an Ethernet grounding adaptor kit.
- Always use a shielded (optional but better) and grounded (3-pronged plug) AC power cord and plug it into a properly grounded outlet.

- Make sure you turn off the wireless settings on your computer, printer, and other wireless devices such as game controllers, etc. Disable Bluetooth, and wire your printer, mouse, and keyboard if indicated.
- Contact your cable company and ask them to turn off the Wi-Fi of your modem and router since they are usually enabled by default. Use your RF meter to check.
- If wiring your Wi-Fi devices is not an option, consider purchasing shielding cloths or guards for your modem, router, smart meter, etc. They are available at LessEMF.com and other online stores. These measures will help lower RF levels, but not eliminate them. In addition, always place routers as far away as possible from bedrooms and high-traffic areas.
- At a minimum, have all members of the family turn off all wireless devices at night.

TV's and appliances

- In general, avoid purchasing smart TVs, speakers, smart appliances, refrigerators, thermostats, digital assistants, etc. as they

constantly use Wi-Fi signals and emit radiation.

- Always use a grounded power cord for all electrical appliances and turn power off when not in use.

- If you have a smart TV, turn off Wi-Fi if possible and plug an Ethernet cable into the TV. Otherwise, flip off the power when not in use (always plug power cord into a grounded power strip).

- Another solution is to use a large high-resolution computer monitor instead of a TV.

- While watching TV, sit as far away as possible (but not next to another Wi-Fi source or radiation source) and make sure the RF level is less than 0.01 W/m^2 (measure with RF meter).

- Remove the microwave oven from your home. It doesn't preserve any nutrients in your foods anyways.

- Replace the microwave oven with a steam convection oven or simply use your stove to cook or warm things up.

Indoor Electrical Fields

- Electric fields are often overlooked when trying to reduce EMR exposure in the home. We can measure our exposure to electrical fields with an electrical body voltage meter and assess which plug-in devices affect our body. A professional can also do this for you. Once the sources are identified, take the appropriate measures.
- Every single electrical cord or component in the house should be grounded. Electrical devices that are not used constantly should be turned off when not in use. Plug them into a grounded power cord so you switch them on/off easily. You can purchase shielded power strips at electrahealth.com.
- When sleeping, consider turning off all electricity in the house. This easily can be accomplished with a push of a button when you install a device that can be purchased at emfkillswitch.com. You will eliminate exposure to both electric and magnetic fields for many hours.

- Have lamps rewired with shielded cords or slide a plastic, conductive tube over the existing cords and ground with a plug-to-gator ground-patch. You can purchase these at lessemf.com.
- Place all plugged-in electrical devices as far away as possible from your sleeping or sitting location.
- Consider replacing electrical plug-in devices with batteries if possible, such as an alarm clock.
- To protect against electrical fields generated within your walls, consider shielding your bedroom and maybe your office or spaces where you spent a lot of time by painting the walls, ceiling, and even floor with shielding paint.
- Windows can be shielded effectively with a combination of transparent window film and a steel metal-mesh insect screen or standard aluminum. You can also sew RF shielding fabric into your curtains or use RF shielding fabric to make curtains.

Indoor Magnetic Fields

- Use a gauss meter to locate magnetic fields in the house.
- Have wiring errors fixed. Hire an EMF-experienced professional (electrician or plumber).
- Arrange or re-arrange the location of appliances, beds, and furniture to avoid contact with these magnetic fields and distance yourself from them in your home. Be aware that someone may be working at a desk or sleeping in a bed located at the other side of the wall of a refrigerator, for example.
- Sources of magnetic fields also can be shielded with special materials from Europe. They need to be installed by a professional.

Dirty Electricity

- The best solution to protect against outside dirty electricity is having a whole-house filter installed in your circuit breaker box. Additional benefits include phase correction, which results in a more energy-efficient operation of

your appliances and a subsequent reduction of magnetic fields. However, the whole-house filter does not help with dirty electricity generated in the home.

- Use a dirty electricity meter to locate sources of dirty electricity inside the house.
- Plug filters into the sockets that produce dirty electricity and purge it from the circuit. You will need multiple filters around the house, especially in the bedrooms, computer rooms, and rooms close to the circuit breakers.
- You may purchase a few extra portable filters to take to your office at work or use the ones from your bedroom and keep switching.
- If you have solar panels, install special capacitors in the inverter.

Light sources:

- Light fixtures produce dirty electricity. Remove them.
- In general, remove fluorescent light bulbs and LED light bulbs and replace them with clear incandescent bulbs or line voltage LED

bulbs. Avoid smart LED lights. Additional benefits are absence of blue light with interrupts sleep and absence of flickering with may cause seizures and headaches.

- You can also measure dirty electricity of all light bulbs with a plug-in micro-surge meter. Measure lights on versus lights off. Replace if the light bulb produces above baseline dirty electricity.
- Replace dimmer switches with regular on-off switches. If you desire to control the intensity of your in-house lighting, use incandescent light bulbs with various intensity levels.

Other measures

- Refuse or opt-out of a smart utility meter on your home. If you cannot, purchase a guard and cover your electric, gas, and water meter at these websites: smartmetercovers.com or smartmeterguard.com. Don't forget to also cover the back of the meter with metal plates.
- Make sure your alarm system does not use Wi-Fi and limit the number of wireless sensors.

- Baby monitors are a significant source of RF and should not be used. Place the monitor as far away from the baby as possible, and as far away from yourself also when in your bedroom or kitchen etc.
- Avoid electrical radiant floor heating systems, unless you purchase one that neutralizes EMFs.
- Inquire and evaluate potential EMR exposure for every device, appliance, toy, piece of equipment, etc. you plan to purchase.

EMR DISTANCING

Being aware of this step and organizing your home, bedrooms, and workspaces to maximize the distance between yourself and EMR sources is an important part of a low EMR lifestyle.

- Avoid carrying your cell phone on your body. If you must, put it in a Faraday bag and put your phone on airplane mode. These inexpensive bags are used to protect against hackers, but they also keep EMR from

escaping. The Faraday bags don't work if your phone is on.

- You can also put your phone in a purse or backpack, or put it on the passenger seat of your car, etc. Ideally, put in airplane mode as much as possible and when not in use.
- Use the speakerphone when possible and place phone at least 3 feet away.
- Use air-tube headsets. These types of headsets prevent EMR to travel with the sound.
- Place Wi-Fi routers as far away as possible from sleeping and living areas and use guards to minimize their signals; or even better: do not use Wi-Fi and wire your devices.
- Distance yourself from Wi-Fi devices. Do not place your laptop on your lap. Wire the laptop and turn off Wi-Fi and Blue-tooth settings.
- Use shielded and grounded AC power cables in the house.
- Rewire lamps with shielded cords.
- Shut down the circuits at night that emit electrical fields.

- Rearrange furniture and consider using shielding, grounded paint.

OUTSIDE EMR SOURCES

- To reduce dirty electricity flowing into your home from neighbors, have an electrician mount a metal box next to the circuit breaker panel, plugging in four filters into two double outlets, one on each wire.
- If you are hypersensitive to electricity, you need to avoid 5G and therefore avoid owning 5G enabled devices so signals from your neighbors are not invited.
- Power lines nearby the house emit magnetic fields. Remember that powerlines can run underground also and produce magnetic fields coming out of the ground. The magnetic fields from power lines are a factor when current is running high (light, appliances, and A/C are on). The best practice is to measure in all your rooms and identify rooms or areas with high magnetic fields, aka hot spots. Magnetic fields are only dangerous when they measure above 1 milligauss where the field meets our body.

Avoid the hot spots and rearrange furniture accordingly.

SHIELD YOURSELF

- Review and/or purchase the mattress or bed cover at antiagingbed.com. Use the following code to receive a discount: `drmikevt`. I personally recommend the bed cover. If you need a new mattress anyways, get the anti-aging mattress, and if u need a bed that doesn't strain your back or muscles, I suggest the zero-gravity adjustable base.
- Use FDA-cleared, nano-bionic technology fabric to shield yourself in your current home and office environment, while sitting or working. The fabric is used to cover our chair, feet, desk, and office. You can also use this fabric as blankets and covers for your pets, pet cages, etc.
- Consider a Faraday Dome Canopy which can be used to cover your sleep or work environment, including your bed and/or a recliner you may use a lot. All these items are available at antiagingbed.com and you may

use the same drMikevt code for a discount. Another option is to check out the Dr. Mercola's Silver Shield EMF Sleeping Tent, available at mercola.com.

- You can purchase EMF/EMR protective clothing and garments, including T-shirts, hoodies, underwear, hats, and even full burkas. The better ones use nano Ag threads.
- For the talented, you can also purchase the fabric and make your own clothes or add EMR protective fabric lining on the inside of existing clothes; or make protective garments for your pets.
- Consider a CMO. I use the Smart Harmony or the MF04 – Harmony that has been sized to provide effective compensation for the potential effects of EMR in a house of about 100 m² (1076 square feet or less). Purchase at antiagingbed.com.

REPAIR DNA DAMAGE

A successful strategy to repair damaged DNA is to increase the amounts of potent

antioxidants in our body, promote the fuel production (NAD⁺) and electron reservoir (NADPH) of our innate DNA repair system, and implement some biohacking compounds.

When I provide a list of foods, I suggest you pick the ones you like the most and try some new ones; maybe include them in your salads or juices. Make a shopping list.

Our daily dose of antioxidants should mainly come from whole foods, but high-quality supplements are a smart insurance policy.

Here are some **key antioxidants** to implement in your daily routine:

- Glutathione
- Include some asparagus, broccoli, avocado, garlic, and spinach in your diet as they are known to boost glutathione levels.
- Daily supplementation with NAC, Milk Thistle (silymarin), Alpha Lipoic Acid (ALA), curcumin, and selenium promotes glutathione production.
- Vitamin C
- Include more citrus fruits and green leafy vegetables as they are rich in vitamin c, including pineapple, kiwi, strawberries,

raspberries, cantaloupe, mango, papaya, broccoli, cauliflower, Swiss chard, parsley, etc.

- Take 1000mg daily.

- Vitamin D

- Check your current vitamin D levels by doing a 25-hydroxy vitamin D blood test. Normal levels are 20-50ng/ml. Optimal levels should be much higher.

- To improve Vitamin D levels naturally, expose yourself to more sunlight (not heat), include wild-caught salmon, tuna, mackerel, oysters, shrimp, sardines, and anchovies in your diet. Consume wild mushrooms and free-range eggs.

- Supplement daily with 1000-2000IU (although I take 5000IU).

- Zinc

- Take daily zinc acetate lozenges.

- Selenium

- The most common food sources that contain selenium are oysters, Brazil nuts, halibut, yellowfin tuna, eggs, sardines, sunflower seeds, chicken breast, shiitake mushrooms. As always, I would suggest the nuts, seeds, and mushrooms and avoid the meat/fish.

- Supplement with small amounts daily.
- Quercetin
 - Quercetin is a plant-pigment flavonoid found in red wine, white wine, green tea, apples, ginkgo biloba, St. John's wort, capers, onions, and yellow chili peppers.
 - I recommend a 1000mg of quercetin per day. You can take capsules or tablets, but I personally use a powder and mix it in Dr. Mercola's autophagy tea. This way we upregulate NAD+ and autophagy.

CoQ10

- Take 100-200mg daily. Another great way to enhance mitochondrial health is a combination supplement which contains CoQ10, PQQ (pyrroloquinoline quinone), glutathione, and lactoferrin (another antioxidant). Once a day, squeeze the Almsbio Glutathione Mito-Therapy⁺ from a syringe into your mouth, hold for 1 minute, and swallow.

Visit my fullscript webpage at MVTonline.com (at bottom of homepage), make an account if you didn't already, and look for "ANTIOXIDANTS" under favorites and get the best medical grade supplements. Receive a discount. Proceeds always go to charity.

- Practice grounding daily, use a grounding mat, and/or sleep on a grounded anti-aging bed or bed cover.
- Include PEMF therapies in your weekly or daily routine. Consider a Bemer mat. You can purchase one at bodez.bemergroup.com.

Keeping your **NAD+** and **NADPH levels** high can be done as follows:

- Low EMR-lifestyle. EMR depletes NAD+ by activating the repair process that uses NAD+ as fuel.
- Adequate rest and sleep allow the repair, regeneration, and renewal of damaged tissue.
- Eat dinner early in the evening and then refrain from foods and snacks so digestion can occur prior to sleeping. This practice also prevents energy from food being stored as fat, which requires NADPH.
- Supplement with tryptophan, an amino acid that can produce NAD+ in small amounts. Tryptophan is also a precursor for serotonin and melatonin, which may therefore improve sleep and mood.

- A healthy diet that limits toxins and avoids toxemia and inflammation. See “Upgrade Your Diet” in Chapter and review my book “Health 4 Life – User Manual”.
- Niacin is a precursor for NAD+. Take 20-30mg daily.
- NQO1 can be increased by heat exposure such as with a near-infrared sauna or photodynamic therapy (PDT). Use IR-sauna or PDT 1-2x/week, or more.
- Implement regular high-intensity exercise or resistance training, and/or incorporate Blood Flow Restriction Training.
- Take Molecular Hydrogen (H₂) tablets, high concentration (9mg/l), 1-2x/day.
- Drink Pau D’arco tea regularly or use as a smoothie base or mix with coconut milk or oil.
- Activate the Nrf2 pathway by incorporating the following into your regular diet: turmeric (curcumin), green tea, black tea, chamomile tea, buckwheat, pistachios, grapes, blueberries, strawberries, apple and apple peel, pomegranate peel, dark chocolate, broccoli, cabbage, onion, red onion, capers, garlic, chives, leeks, tomatoes, guava, watermelon, beans, oregano, thyme,

peppermint, CBD oils, cannabis, krill, microalgae, fish oil, vitamin D, H₂, melatonin.

□ Take 500-1000mg of elemental magnesium per day. Be aware that the elemental magnesium is the magnesium available to our body and usually is only 8-15% of the total amount of magnesium. I personally opt for magnesium threonate, but you can also consider taking a magnesium supplement that contains a combination of the various forms of magnesium.

□ Incorporate foods containing fair amounts of magnesium, including avocados, almonds, Brazil nuts, cashews, peanuts, spinach, broccoli, squash seeds, pumpkin seeds, hemp seeds, chia seeds, edamame, quinoa, coconut milk, figs, lima beans, Swiss chard, okra, beet greens, bananas, dark chocolate (85% cocoa), brown rice, oatmeal, black beans, tuna, mackerel, salmon, yoghurt, and kefir.

□ Promote healthy levels of nitric oxide with a "nitric oxide booster" including L-arginine and L-citrulline. Vegetables high in nitrates include cress, celery, chervil, lettuce, beetroot, spinach, arugula, garlic, and kale. Citrus fruits that can preserve nitric oxide include oranges, lemon, limes, and pomegranate.

□ Purchase C60 at antiagingbed.com under the “sauces” header. Use code `drmikevt` for a discount. Apply to the skin daily, and/or mix a few drops in a drink. Also consider Silver 23PPM, STS Heavy metal, STR Pineal, and Green Bee propolis.

Implement some of the following **biohacking** strategies, and rotate through them:

□ Visit trudiagnostic.com to learn more about methylation epigenetic testing and purchase the TruAge Complete Collection test. Use code `drmikevt` for a discount.

□ Take Moringa as a supplement or grow it in your backyard and add to your salads.

□ Increase Sirtuin Activating Compounds (STACS) by consuming a handful of wild strawberries or blueberries daily, and/or use dark cacao powder or nibs, green tea extract or leaves, turmeric root in your cooking and drink a glass of organic red wine.

□ When injected, certain peptides are effective for mitochondrial support, longevity, energy, deep sleep, and joint health. Look into BPC-157, TB500, humanin, MOTS-c, DSIP, FOXO4-DRI, Semax, and Epithalon.

- Ketone esters have been found to increase longevity. The BHB (beta-hydroxy- butyrate) is the form best absorbed. The ketone drinks don't taste good, but you can add some natural sweetener.
- Eat "sweetbreads" (breaded or fried thymus from pork, lamb, veal, or beef), take thymus extract or "glandular" supplements orally or as an injection (not cheap), or inject the peptide thymosin-alpha.
- Take 500-100mg of carnosine daily, let it accumulate in your body, and experience maximum results in 90 days.
- To increase Urolithin A, eat whole pomegranates (with skin and seeds) or simply take pomegranate extract, ideally combined with the bacterial strains that produce urolithin A. Check out the company SEED.
- Spermidine is a natural substance found in wheat germ, whole grains, dark leafy greens, pears, and mushrooms. It also can be purchased as a supplement.
- Take 20-30mg Astaxanthin per day.
- drink chamomile tea or supplement with 30-40mg of apigenin per day.

- Clarigenz activates all five intelligence hormones and naturally improves mental sharpness, focus, and clarity for optimal performance. Take daily or 30-60 minutes prior to an important task or performance.
- Consider regular stem cell or exosomes infusions, and PRP (platelet-rich plasma) treatments to help repair and renew damaged tissues and increase your lifespan and health-span.
- Make shockwave therapy part of your regular regimen (if healthy, once or twice per year).
- Consider HBOT sessions once or twice a year, resulting in high blood oxygen plasma levels, increased number of red blood cells, improved tissue healing, mitochondrial biogenesis, angiogenesis (new blood vessels), and DNA repair.
- Contact a knowledgeable functional medicine practitioner to restore and optimize your natural hormones and reap the multitude of proven health benefits of Bio-Identical Hormone Replacement Therapy (BHRT).
- Look into the benefits of cold therapy which can be as simple as taking cold showers combined with some specific breathing

techniques and check out Wim Hoff's techniques. You can find cryotherapy chambers at wellness centers, Med-Spas, and gyms also.

- For every poor health signal, there is a frequency to counter it. Tesla coils, Tesla plasma devices, and other Tesla technologies use healing frequencies to balance and heal the body. Look into it.

- Promote constant movement. Work standing up, walk around while talking on phone, walk during breaks, play with the kids or grandkids or your pets, engage in fun activities, take dance lessons, etc.

- Only consume one meal per day.

LOW EMR PET PLAN

Do you own a pet or pets? Then you are responsible for their health and well-being because pets can't take care of themselves. They don't have an awareness or the freedom to choose their response and they are totally dependent on the owner. Take responsibility and implement the following measures to keep your pet(s) disease free and happy.

- Implement the low-EMR lifestyle action plan above to benefit your pets also, including the in-house EMR mitigation measures, EMR distancing, and outdoor EMR sources.
- Relocate your pets' food bowls, sleep beds, or frequent rest places away from magnetic fields (hot spots), Wi-Fi routers, etc.
- When you leave the house and your pets are home, turn off all blue-tooth devices and Wi-Fi, and appliances that are not in use and get be turned off.
- Purchase shielding fabric and cover their bed, their spot on the couch, etc. Consider making a blanket with this fabric and sew the fabric inside their favorite blanket. For pets in cages or fish tanks, put the fabric underneath or use a Faraday canopy to cover them.
- Your pets tend to get the same diseases as us, unlike animals in the wild. Our pets are exposed to the same man-made EMR as us, and even more vulnerable because of their size. Therefore, we need to make sure their diet is healthy. Do some research and chose the most wholesome pet foods. Don't hesitate to consult your veterinarian.

- Chose a veterinarian that is knowledgeable or at least open-minded to healthy pet choices and is willing to help.
- Include pet supplements such as joint support, green superfoods, whole-foods, probiotics, and immune support. Simply look for PETS under “Favorites” on my Fullscript webpage (you can find a link on my homepage at MVTonline.com).
- All pets drink water. Use clean, filtered water and not chlorine, fluoride, and toxic metal laden tap water.
- Add CBD oil to their water or diet.

TAKE ACTION AGAINST EMF/EMR

As individuals we can't do much to push back against EMR, but collectively we can achieve great things. Here are some to do's:

- Share this book with others (proceeds go to charity).
- Raise awareness amongst your family, friends, colleagues, and neighbors. Just talking about EMR, 5G, and how it affects us is a great start.

- Attend school board meetings and show up at parent-teacher organizations to build awareness. Provide solutions such as bringing back the cords, distancing from Wi-Fi, and other measures you have learned to limit exposure.
- Help create awareness in the community by organizing free community events such as lectures at the library, free seminars, or free webinars. Get like-minded people onboard and find a local professional to speak.
- Get involved politically or approach a government official you may know to speak on your behalf. Push your community to resist 5G and adopt fiber-optic technology. Discuss smart utility meters and dirty electricity.
- Create awareness amongst health care professionals since many diseases and malaise goes undiagnosed or unresolved, and often some simple measures to limit EMR make a world of difference. You can do the same with veterinarians.
- Be an example of living a low-EMR lifestyle and share your story.

ENDNOTE

“Humans are part of Nature. We are the environment. There is no external environment. To be in optimal health and to be happy, we must live and function according to the laws of human life and Nature”.

Mike Van Thielen, PhD.

TO LEARN AND NOT TO DO IS
REALLY NOT TO LEARN.

Yours in Optimal Health,
Dr. Mike

Visit our website:

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